

Keeping Romance Alive

Nurturing Affection, Playfulness, and Pursuit



Romance is less about pressure and performance and more about attention, affection, and intentional pursuit.

Focus: romance, affection, intentionality, play, and warmth

Purpose: helps readers rekindle and sustain affection, delight, and emotional warmth in their relationships

Luminous Pathways International

Why This Matters

Romance often fades not because love is gone, but because attention becomes scattered, routines grow stale, or stress begins to crowd out affection and delight.

This workbook offers practical ways to nurture warmth, playfulness, and pursuit so that romance can become a steady part of relational life again.

What This Workbook Helps You Do	What This Workbook Is Not
Identify small, meaningful ways to cultivate affection and keep romance present.	This is not about grand gestures or unrealistic pressure. It is about thoughtful care and intentional delight.

Romance is less about pressure and performance and more about attention, affection, and intentional pursuit.

Three truths to carry with you

1. Affection grows where it is nurtured.
2. Playfulness can renew closeness.
3. Pursuit communicates value.

Core Relationship Insights

Use the ideas below as anchors while you work through this resource.

Be attentive	Create small rituals
Romance begins with noticing what makes the other person feel loved, pursued, or delighted.	A weekly walk, date night, handwritten note, or morning coffee routine can deepen warmth.
Protect playfulness	Express affection
Laughter, lightness, and shared fun can refresh a relationship.	Do not assume love is obvious. Let it be felt through words, touch, time, and thoughtfulness.

Try This This Week

■ Plan one simple relational ritual this week.
■ Express one affectionate word or gesture daily.
■ Create one moment of fun or surprise.
■ Ask what helps the other person feel pursued.
■ Protect one block of time for intentional connection.

Personal Reflection Workbook

Take a little time to answer these questions honestly and gently.

What helps me feel pursued or cherished?

Where has romance become stale or neglected?

What kind of affection feels most meaningful in my relationship?

What one simple romantic practice could I begin?

Action Steps

Choose one or two practical steps you can begin this week.

Romance Plan	Pursuit Question
Choose one weekly and one daily practice that could strengthen warmth and delight.	Ask the other person: "What helps you feel loved, noticed, or romanced by me?"

One step I will take this week is:

What will help me follow through?

A few simple examples

- Plan one simple relational ritual this week.
- Express one affectionate word or gesture daily.
- Create one moment of fun or surprise.
- Ask what helps the other person feel pursued.
- Protect one block of time for intentional connection.

Journaling Prompts & Closing Reflection

Use these prompts for continued reflection, prayer, or conversation.

What have I learned about romance from my background or experience?

How can I practice intentional affection in ordinary life?

What kind of relational atmosphere do I want to create?

Closing Reflection / Prayer: May affection remain alive, delight be renewed, and love be expressed in warm and meaningful ways.

Try This Before the Next Workbook:

Choose one small practice from this resource and return to it for one week.

Coming Next:

Love Languages at Home